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Banner News

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Des Moines Area Community College

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Boone Campus: Volume 11, Issue 11: March 14, 2012 *ERUNGING



Your Life, Your Campus, Your News

Is Spring Break 3 credits



By Lacy Stevenson Staff Writer

This year DMACC's spring break does not fall on the same week as Iowa State's break.

Iowa State students started their break after classes on Friday. March 9, and DMACC students go on break this coming Friday March 19 after classes

Having different of spring break becomes inconvenient for students that are enrolled as both DMACC and ISU students.

Technically the students who

are enrolled at both ISU and DMACC will not have a spring break this year.

Tom Lee, Provost DMACC Boone Campus said, "The Des Moines area drives the specific dates the most; they worked with the Des Moines school district and Iowa State. " This year the Des Moines School district spring break falls on the same week as DMACC.

The way the dates of spring break are planned is by a calendar committee that is made up of representatives from all the DMACC campuses.

The committee felt that

there was more of an impact on enrolled students from the Des Moines area that are high school students taking college classes at DMACC rather then the number of students who are attending both DMACC and ISU.

Austin Sonntag a student at both DMACC and ISU, said, "I don't think it is right, last year they were the same and it was good." He said he missed a trip to Florida because of the dates being different.

"I think that all holidays and breaks should be the same, it is just convenient that way."

He said the class he is in

students who also attend Iowa State.

"It should be planned better, none of us get a spring break," he

Lee said it serves the DMACC population, including all campuses, better to align with the high schools right now than it is to align with Iowa State University.

"I wish we could all sit down and come to a unified spring break and I hope that will be happening in the near future, "Lee said.

May term: in 2 weeks

By Jessica Kinnetz

Staff Writer

May Term classes at the Boone campus offer 16-week courses condensed into two weeks from May 7 to 18.

This year seven classes are offered, worth three credits

"Last summer was the first time I [offered a class in the May term,]" said psych instructor Jane Martino. "It was hilarious. I hadn't expected it to be such a great experience."

Martino offered Introduction to Psychology last May from 8 a.m. to 12:30 p.m. every weekday for two weeks.

"It was a long time every day, but the students said they enjoyed it and learned a lot."

Martino will offer the class again this May. Other classes are Intro to Computers, Music Appreciation, Intro to Ethics, Introduction to Sociology, Social Problems and Interpersonal and Small Group Communication.

March 12 was the first day to register for May term and summer classes along with financial aid. The summer credit schedule book can be found by the main office.

Classes are also listed online. Counselor Shelby Hildreth recommends taking a class you have an interest in. It will be easier to get through, she said.

"The big thing is that it is a good two weeks, but it's a commitment. It's fast and it's furious."

Both Martino and Hildreth recommended that students who have a job or are thinking about getting a job avoid working, if possible, during the May term.

DMACC Student Corey Trader said he wished he would have known about May term courses sooner. Now as his finishes his last semester at DMACC, he possibly could have graduated with his degree earlier.

"I would've looked into it this year because I spent last summer getting as much done as soon and as fast as I could."

Andrew Heppeard had originally started at DMACC a few years ago but dropped out for personal reasons.

"I plan to take May Term to get back in the habit of college," he said.

Work continues on new student housing



Photos by Stacey Walker

Work continues on the new apartment complex that will house more students, including students in the new Honors Program. Work is expected to be completed by August 2012, in time for the start of the Fall 2012 semester. The top picture was taken on Sunday, Mar. 11. The bottom picture was taken on Mar. 9.

Banner

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Backstage and behind the scenes By Sean Hanlin

Contributing Writer

For many people, a theatrical performance involves: buying a ticket, finding your seat, and watching what happens on stage.

When the actors bow, you applaud; stand sometimes for bigger, more impressive shows, and leave. With some smaller venues you might get the chance to meet the actors and get their autographs or congratulate

When you get in your car and drive home, you may talk about what you thought of the play and that may be it for your experience. As someone who has been both the observer and the performer, I can tell you there is much that the public doesn't know that goes into a one, two, or six night performance.

Theater is one of the greatest forms of art. It brings together multiple elements and skills to create entertaining storyline that plays out in front of the audience's eyes. But it takes a lot of effort to put it together; not to mention precise timing from actors, tech specialists and stage hands.

If these elements don't add up just right, they create a disturbance in the flow of the play and effect the audience's perception. I've seen these disturbances first hand, and I can't tell you how much it made me sweat.

Though I could explain to you every detail it takes to get a show running on performance night, maybe it would be easier to show you what goes into a performance before opening night. First off, there is audition. If you've ever been up in front of a class, worrying that your peers will judge you, you understand what it's like auditioning.

What make this really scary is someone actually is judging you. You're handed a script, asked to read a line and, hopefully, you do it well enough that the director picks you for the role, or any role if that's your style.

What makes this really difficult though is that, even if you have previous experience with acting, you never know how the character acts or even what the director is looking for. To sum it up, it can get very stressing.

If you get past the trial of audition, there comes rehearsal dates. These are usually the easiest and hardest days of your performance career. During this time you get down: Blocking (where you go on stage), your lines and even what motions you during a scene.

These usually come easy or hard depending on your director(s). Now, I've done multiple plays and had a good spectrum of directors. I've had directors who, if you made a mistake, they brushed it off, said do it again and you kept at it until you got it right.

I've also had directors who, if you messed up you got a good tongue thrashing and you never messed up again. Either way, a director's methods usually lead to a great performance. You just have to deal with the strict ones and laugh with the kind ones.

Now, along with the directr come your co-stars. I've worked with many amazing actors and actresses. I can't help but feel obliged to be in some of their presences. Now you can, on some occasions, come across two types of negative actors: Those who think they deserve a certain role and if they don't get it they quit halfway through rehearsal, and the ones who think they are the best and the rest just plain suck. I've worked with these people and all I can say is they make rehearsal a pain, but you just got to deal with them. If you let them run the show, you'll not only miss the fun of performing, but it may get you out of acting for good and I can't say that's the best idea.

Finally, performance day comes. This is comparable to a football team practicing towards the championship game. Everyone will be watching you and, in a way, judging you. Needless to say, nerves will pop up. You may get ill, scared and you may forget your lines. I've been there, and so has almost every one of my cast mates. All I can say to that is to relax. If push comes to shove and you do forget your lines, or blocking, you can easily change it on stage. The audience will usually be seeing this for the first time and may not know that what you're doing is wrong. So if you say the wrong line or stand in the wrong place, just roll with it and get back to the actual script as quick as you can. When it's over, you'll be proud of your saves and trust me, nothing feels as good as coming out after the show and bowing to the applause of the audience.

The theater business is not only a group of people reciting some poetic lines and dressing up in tights and weird costumes, makeup upon their faces. It takes a lot of blood, sweat and tears to make one night of someone's life entertaining. But at the end of the night, when you bow you head to the chorus of hands, you can't help but feel that pride that comes with a job well

Turn to page 4 for the review for "The Importance of Being Earnest"

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'The vital importance of being Earnest'

By Cainon Leeds

Columnist

A superb rendition of "The Importance of Being Earnest" was performed by the DMACC drama department on March 9

The play revolved around two young bachelors, Jack Worthing and Algernon Moncrieff, played by Matt Beyer and Sean Hanlin. The duo, in their search for love, took on the alter ego of Jack's "brother", Earnest. In order to obtain the affections of Algernon's beautiful cousin Gwendolen Fairfax, played by Abby Brouwer, Jack pretended to be Earnest and proposed to her. However, Gwendolen's mother, the over-bearing Lady Bracknell, played by Rachel Davis, stood in the young couple's way. She uncovered that Jack was orphaned at birth and placed in a bag and, as such, he is ineligible to marry her daughter.

Meanwhile, Algernon, upon discovering where Jack's country estate is and that Jack's young, wealthy ward, Cecily Cardew, played by Kodie Butterfield, lives there, decides to visit the country estate as Jack's "brother", Earnest. After becoming introduced to Cecily and discovering that she and "Earnest" had been previously engaged, Algernon arrived with his work cut out for him.

The real comedy of the play came after Gwendolen traveled to the country estate. The two young ladies acquainted themselves and found that they were both engaged to the "same" Earnest. They bickered with witty contempt for a while, but once they discovered that Jack and Al-



Members of the cast and crew of "The Importance of Being Earnest" pose for a shot in the theatre lobby after the show on Mar. 10. Front from left to right: Nate Andersen, Rachel Baldus, Rachel Davis, Abbey Brouwer and Nick Bassett. Back from left to right Kodie Butterfield, Kevin Langel, Brett Edmundson, Matt Beyer, Sean Hanlin, Chris Shannon and Stephanie Clemons. Inserted photo is Kay Mueller.

gernon were lying to them, the two girls united against the two "Earnests". In order to solve the dilemma, Jack and Algernon promised to be christened under the name Earnest by Reverend Chasuble, played by Nick Basset, who has a liking for Cecily's governess, Miss Prism, played by Rachel Baldus.

The play came to a climax when Lady Bracknell tracked her daughter to the country estate and "broke up the party".

She approved of Cecily marrying Algernon because of her wealth, but not Jack and Gwendolen's engagement because of Jack's disgraceful origins. However, Miss Prism revealed, under Lady Bracknell and Jack's pressuring, that Jack was, indeed, Bracknell's long lost nephew and Algernon's older brother. Discovering this, and the fact that Jack's name was really Earnest, Lady Bracknell gave the young couple her consent. The play ended with Earnest saying, "I've now realized for the first time in my life the vital importance of being Earnest".

The play's success was all due to the hard work, organization and improvisation of the

Sean Hanlin's role as Algernon Moncrieff and Matt Beyer's role as Jack Worthing were masterfully executed with all sorts of lively expressions and gestures. There was an improvisation moment between Sean and Matt

during Saturday's performance when Sean's rose accidentally fell from his pocket during an argument. The two took one look at each other and then Matt stomped on the flower. That was artfully handled.

Rachel Davis' part as Lady Bracknell was powerful. Although it seemed she was struggling with recalling her difficult lines from time to time, she brought confidence back with the stamping of her umbrella and reaffirmed her role of authority.

Abby Brouwer's role as Gwendolen Fairfax and Kodie Butterfield's role as Cecily Cardew were filled with bubbling excitement. The two young ladies made the crowd laugh with their quick, witty remarks. They were bursting with energy and emotion.

Rachel Baldus' role as Miss Prism and Nick Basset's role as Reverend Chasuble brought comic relief to the stage. Whenever the two of them were flirting with each other on stage, a loud uproar of laughter erupted from the audience.

The three butlers: Lane, Merriman and the Footman, played by Nate Andersen, Brett Edmundson and Chris Shannon smoothly glided in and out of scenes, asserting smart remarks, serving drinks and helping with pranks by other characters from time to time.

The hard work invested in the play is evident. Kay Mueller and her assistant directors, Kevin Langel and Stephanie Clemons. ensured that the audience had a wonderful time. Accidents occurred here and there, but all in all, the play was a huge success.

Silent Auction' - Raffle and Benefit for the Boone Area Humane Society Friday March 30, 2012

The Lodge at Seven Oaks Doors open at 7:30 pm Burnin' Sensations band at 8:30 pm

Tickets \$10 in advance, \$15 at the door Raffle tickets \$5 each or 5 for \$20 (need not be present to win) A chance to win your choice of... 1. Catering by Big G's Log Cabin (for 20 people, meat and 2 sides)

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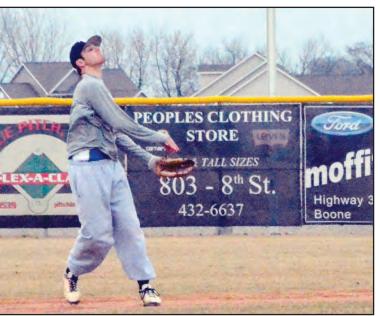


Photo by Lacy Stevenson

Blake Schmit, short stop, gets ready to catch a ball during practice

By Stacey Walker Editor-in-Chief

"We're right on track to where we should be," said coach Dan Fitzgerald.

There are 29 players out this season. Approximately half players are first year students.

"We're hoping to improve

our consistency in all areas this season," said Fitzgerald.

The Bears started their season off against Dakota County in early Feb. resulting in one win, and one loss.

The team then went on to win games against Dakota and St. Louis.

Losses were taken against

Neosho Country and Crowder.

"We had a losing streak for a while, so we're trying to get back on top," said sophomore catcher Colin Keefe.

"I've never met a loss that I enjoyed. They're all painful. We just need to work towards improving our game. Pitching, hitting, and defending are the three areas that need constant maintenance." said Fitzgerald.

"We practice everyday we don't have games, five days a week," said Keefe.

"Baseball is a skill driven game, with very specific skill sets. It takes a lot of time to work on our mechanics," said Fitzgerald.

The team is currently at 8-8 thanks to wins this past weekend against Longview.

The first home games for the team will be Mar. 31 and Apr. 1 when the Bears go up against Iowa Lakes Community College. Game time will be at 1 p.m.



DMACC women's basketball team can't pull past Eagles in semifinals

DMACC - Sophomore Ashley Hagedorn of Irwin scored a team-high 16 points as the Des Moines Area Community College (DMACC) women's basketball team dropped a 63-52 decision to Kirkwood Community College (KCC) in the Region XI semifinals March 9 at Marshalltown.

Sophomores Joscelyn Coleman and Sam Thrapp scored 14 and 10 points respectively as the Bears ended the season at 23-8.

With the win, KCC moved on to the Region XI championship game where it defeated Iowa Central Community College (ICCC). That win qualified the Eagles for the National Junior College Athletic Association (NJCAA) Division II National Championships March 20-24 at East Peoria, Ill.

KCC led DMACC throughout the first half and had a 31-23 lead at halftime. The Bears stayed with the Eagles throughout the second half, but couldn't overcome the deficit. KCC came away with a 39-26 advantage in rebounding with freshman Jordan Wood of Monroe leading DMACC with eight rebounds. She also scored nine points. Coleman grabbed seven rebounds and sophomore Ann Walker of Exira had five assists.



Photo by Matt Oliver, Boone News-Republican

Sophomore Joscelyn Coleman goes up for the basket when the Bears went up against Ellsworth back on Mar. 6 in the first round regionals game. The Bears handed Ellsworth a 56-44 loss.



Photo by Matt Oliver, Boone News-Republican

Sophomore Nate Mason heads for the basket when the Bears went up against Iowa Lakes back on Mar. 6 in the first round regionals game. The Bears handed lowa Lakes an 80-69 loss. After defeating lowa Lakes, the Bears went on to defeat Kirkwood in the regional semifinals, handing the Eagles an 85-75 loss.

Marshalltown softball players involved in accident

from iavalley.edu/mcc reprinted with permission

The 15-passenger van transporting members of the Marshalltown Community College softball team, on a spring break trip to play several games and a tournament, was involved in a two-vehicle accident Saturday morning at about 7:45 a.m. in Broken Arrow, OK. All those involved were taken to two local hospitals, and two of the MCC players will remain hospitalized overnight for continued observation.

One of the hospitalized players suffered broken bones and a punctured lung, and the other had surgery to remove deeply embedded glass from her knee. Their names are not being released at this time.

Softball Head Coach Jeff Lamb was driving the van, which had 11 of the MCC players on board and was pulling the team equipment trailer. The impact of the collision flipped the MCC van and equipment trailer on their tops. A car with the two assistant coaches and two additional players was accompanying the van, and was not involved in the accident.

MCC Athletic Director Dan Huntley said he's been in contact with the coaches, players, and parents. The games in which MCC was scheduled to play on Saturday and Sunday have been canceled, and it's hoped that all the players and coaches will be able to return to Marshalltown together on a chartered bus on Sunday afternoon.

The accident is still under investigation.

DMACC men's basketball team loses Region XI championship game

DMACC - The Des Moines Community College (DMACC) men's basketball team saw an 11-point second half lead slip away and eventually dropped a 71-63 decision to Iowa Central Community College (ICCC) in the Region XI championship game March 10 at Fort Dodge.

With the win, ICCC advances to the National Junior College Athletic Association (NJCAA) Division II National Championships March 20-24 at Danville, Ill. Marc Musungayi scored 19 points as the Tritons, who shot 68 percent in the second half (17of-25), improved to 25-9 for the

DMACC, which finished the season at 25-8, led throughout the first half and had a 36-25 advantage at halftime. The Bears went ahead 40-29 early in the second half, but ICCC responded with a 23-12 run that tied the game at 52-52. DMACC kept the game close before the Tritons pulled

away in the final minutes.

Sophomore Nate Mason of Cincinnati, Ohio, led the Bears with a game-high 23 points and was the only DMACC player to score in double figures. Freshmen DeVonte Smith of Chicago, Ill., and LaTreé Russell of Naperville, Ill., had seven points apiece and sophomore Rico Saldana of New York City, N.Y., and freshman LaTrell Visor of Aurora, Ill., finished with six points each. Visor also contributed six assists and three steals.

ICCC had a 39-29 advantage on the boards with Smith and Saldana leading DMACC with five rebounds each.

DMACC advanced to the Region XI championship game with an 85-75 win over Kirkwood Community College (KCC) March 9 at Cedar Rapids. Mason and sophomore Cole Martin of Omaha, Neb., led the Bears with 25 and 19 points respectively.

Follow the Bears at www.dmacc.edu/athletics



Feature =

What they said

A group of high school students from Des Moines were on the Boone campus on March 1 for a college visit as part of the Gear Up program. We asked their impression of DMACC. This is what they said...







The thing that we liked the most was the food, the cafeteria, and the vending machines. What we liked about the cafeteria is the food. The food is delicious. To improve, DMACC should fix up the eating area with bigger tables. 99

One thing that impressed our group was the Mac computers. One thing that should be changed would be the gym because it is small. They also need to update the weight room equipment (old school/ghetto.) **9**

One thing that impressed [us] was the housing because it looks just like a regular apartment. One thing [for DMACC to] change is to have more selection of classes for law and elementary education. **99**

Karl Frank, school and grade not provided Mark Morrison, school and grade not provided Marcus Beattie, school and grade not provided

Larri Santos, East High School, senior Vanessa Vazquez, East High School, junior Mindy Yom, East High School, junior Sergio Romero, North High School, senior

Zeare' Renfro, East High School, senior Chelsie Warren, East High School, senior Darrion McCaughey, East High School, senior Steffian Church, North High School, junior

Share your views. Submit letters to the editor or tips for news stories to bannernews@dmacc.edu





Members attend Phi Theta Kappa spring conference



Three members and one adviser of the Tau Phi chapter of Phi Theta Kappa attended the 2012 spring convention Mar. 1 and 2 at the Carrollton in Carroll, IA.

Phi Theta Kappa is the international honor society of the two year college. It is based out of jackson, Miss. The Tau Phi chapter is from the Boone DMACC Campus.

Those attending were, from left to right: Anthony Ames, Tau Phi Chapter President and 2011 - 12 Northwest Iowa Regional Vice President, Sandi Johnson, Tau Phi Adviser, Tina Hardy, Tau Phi member and new 2012 - 13 Iowa Region Secretary and Kevin Langel, Tau Phi Chapter Vice President.

Those attending were able to attend different break out sessions, all which were about different topics ranging from what Phi Theta Kappa is and learning about and preparing for the international conference which takes place next month in Nashville, TN.

To be eligible for Phi Theta Kappa, a student must have completed 12 credit hours and have a 3.5 gpa. Once accepted, members have to maintain a 3.0 gpa. The spring induction ceremony was held last night (Mar. 13) in the Boone Campus Theatre.

Republican party searches for consensus



By Cainon Leeds Columnist

You may know that delegates are chosen and presidential hopefuls are nominated at county conventions. Something you may not know is that party platforms are also developed at these conventions. The platform is supposed to reflect the beliefs of the people. The idea is that candidates will rally behind these beliefs.

Each of the major parties has a party platform. Since President Obama is an incumbent this election season, much of the focus of the 2012 race for the next few months will be on the Republicans and their platform.

Each county and congressional district has its own platform for each party before the state

conventions are held. In turn, each state has its own platform for each party before the national conventions are held. Individual ideas in the platform are known as planks. These planks are proposed and voted on by elected delegates at the county, district, state and national conventions.

Are party platforms impor-

You tell me.

The Story County Republican Party platform has some controversial planks and some not-socontroversial planks.

For example, section 2 of the Story County platform states, "Family farms should be allowed to operate as free, independent, responsible producers and not be encumbered by onerous regulations". That statement might be considered a less heated topic in the Republican party.

However, in section 4, the platform states, "We believe parents, not the government, are responsible for and should be fully in charge of the education of their children". That assertion might be seen as more controver-

In addition, each county's platform is different. For example, Story County has a completely different platform than Boone County's. Story County's platform has fourteen sections while Boone County's only has nine.

Elected delegates at the county conventions debated Iowa's county platforms on March 10. However, that is not the end of the process. Planks that survive the county conventions move on to the district, state and national conventions to be further weeded out and redefined. The finished product is the National Republican Party platform. This final platform shows what the Republican Party believes in and helps to elect public servants who agree with the platform.

For drafts of the Boone and Story County Republican Party platforms, check out:

Boone County: http://victoryenterprises.com/boone/?page

Story County: http://www. storycountygop.com/

Republican Party platform DRAFT for Story County, sections 1-4 of 14

Proposed March 10, 2012, Nevada, IA

Preamble

The Story County, Iowa, Republicans hereby adopt and approve this platform. It articulates our beliefs and provides a guide for our elected representatives and nominees in putting those beliefs into effect.

1. Abortion & Right to Life

We believe human life is a sacred gift from God our creator and is an inalienable right as outlined in the Declaration of independence. This right is innately valuable in every stage and development, including the unborn, the elderly, the terminally or chronically ill, and the mentally or physically handicapped. No human life should ever be diminished or arbitrarily taken from conception until natural death.

- 1.1 We support the reversal of Roe v. Wade, thus criminalizing abortion.
- 1.2 We support a ban on "partial birth abortion."
- 1.3 We support legislation requiring consent by a parent and/or legal guardian before a minor child or ward receives an abortion or any other reproduc-
- 1.4 We support a "Woman's Right to Know Law" whereby performers of abortions must provide complete factual information to the pregnant woman about the complications of abortion, the biological development of the unborn, fetal pain, and availability of alternatives to abortion.
- 1.5 We oppose using public revenues at any level of government to fund abortions or organizations, such as Planned Parenthood, which advocate abortion. 1.6 We oppose euthanasia, assisted suicide, and non-consensual withholding of treatment due to age, disability, or infirmity.

2. Agriculture

We believe that preservation of the family farm, primary producers of produce, crops and livestock, is vital to the economic condition of our communities, state and nation. Family farms should be allowed to operate as free, independent, responsible producers and not be encumbered by onerous

3. Business & Economic Development

We believe that a welcoming business climate is critical to our state's economic prosperity and the development of our natural and human resources. We believe that free enterprise and the encouragement of individual initiative are essential and are the foundation of economic opportunity, growth and prosperity. The key to that prosperity is an adequate return on an individual's labor, talent, capital, and risks. We believe that excessive regulation, business fees, and taxes diminish that return.

- 3.1 We oppose government distortion of the free market through subsidies and bailouts.
- 3.2 We support trade policies which provide fair returns to American producers and protects against the outsourcing of American jobs.
- 3.3 We support an equitable trade balance with China.
- 3.4 We support a National "Right to Work" law.
- 3.5 We support Iowa's "Right to Work" law and oppose "Fair Share" legisla-
- 3.6 We believe that public employees should have access to all benefits, compensation, and other employee rights offered by
- the employer, regardless of union or other professional affiliation.
- 3.7 We support eliminating unnecessary regulations in order to create more opportunity for private enterprise.
- 3.8 We support a repeal of the Dodd-Frank Act.

The Health Beat

Raise awarenss of colorectal cancer



By Lori Harvey Health Writer

March is Colorectal Cancer Awareness Month. This is a topic that most people don't want to talk about as some find it a bit embarrassing because of the part of anatomy we are talking about and what is done to find the cancer.

The average age of a person when its first discovered is 65. It's recommended that a person starts screening for colon cancer when they turn the age of 50 unless there is a family history, then you

There are 3 main types of testing to check for colon cancer.

The first one is a digital rectal exam. This is when a doctor inserts a lubricated, gloved finger into the lower part of the rectum to feel for lumps or anything else that seems unusual. In women, the vagina may also be examined.

The second type of test is Proctoscopy: This is exam of the rectum using a proctoscope,

inserted into the rectum. It is a thin, tube-like instrument with a light and a lens for viewing. It may also have a tool to remove tissue to be checked under a microscope for signs of disease.

Another test is Colonoscopy: This is a procedure to look inside the rectum and colon for polyps (small pieces of bulging tissue), abnormal areas, or cancer. The colonoscope is a thin, tube-like instrument with a light and a lens for viewing. It may also have a tool to remove polyps or tissue samples, which are checked under a microscope for signs of cancer.

The difference between a proctoscope and a colonoscopy is that a proctoscope is an office procedure that doesn't require sedation and you can return to normal activities that day. A colonoscopy requires sedation, 2-3 hours recovery time and then a driver to take you home. The proctoscope only looks at 20-30 percent of your colon whereas the colonoscopy examines the entire colon.

If any polyps are removed, they will be examined under a microscope for disease.

Are there ways to avoid colon cancer? There are no 100% ways but there are ways to reduce your risk of getting it. 1. Get your screenings regularly. If the polyps are removed early, this can help them turning into cancer and the cancer being discovered at a later stage when it will be harder to treat or cured. 2. Cut down on red meat. It is high in fat content. The process of curing, salting and smoking adds preservatives and carcinogens to the meat. Instead concentrate on foods that are high in fiber to keep things "moving along." 3. Cut down on the hard stuff. People who drank more than 8 hard liquor drinks per week had a 2.5 times more of a chance to get colon cancer than the nondrinker. But wine is a different story those who drank wine were 46% less likely to get cancer. Why? One word - antioxidants. 4. Take Vitamin. D3, which is the sunshine vitamin. The higher your Vitamin D3 level in your body, the less likely you are to get some types of cancer. 10,000 IU daily is a good number to start with. Another bonus - you are less likely to get sick when you are taking Vitamin D3. 5. Get moving! Obesity not only increases your risk of colon cancer but other types of cancer. Cut back on your caloric intake and take a brisk 30 minute walk after dinner. Grab your favorite four legged friend to go with you, I'm sure he/she will enjoy the walk as much as you do.

We believe parents, not the government, are responsible for and should be fully in charge of the education of their children. We believe that in order for our educational system to be successful, it must be accountable to the parents of the community. Therefore, parents should be afforded as many options as possible including private, home or alternative based education. We do not believe that more money ensures better education. We believe reimbursement is due families who choose non-government education since they pay taxes as well as tuition.

- 4.1 We support the abolition of the U.S. Department of Education with return of educational support and monitoring of all levels of education to the individual states.
- 4.2 We support tax credits to parents of children educated outside of public
- 4.3 We support the display of the American flag in public school classrooms and daily recital of the Pledge of Allegiance.
- 4.4 We support the display of the "Ten Commandments" in public school classrooms.
- 4.5 We believe that the Constitution provides the freedom to allow prayer openly in public schools. 4.6 We support that public schools stress sexual abstinence outside of mar-
- riage to prevent unwanted pregnancies, sexually transmitted diseases, and related psychological problems.
- 4.7 We oppose the distribution of condoms in public schools.
- 4.8 We oppose the promotion of homosexual life styles in public schools.
- 4.9 We believe that teachers' salaries should be based on performance rather than solely on tenure. We support programs that reward superior teachers and outline procedures that eliminate ineffective educators.
- 4.10 We support ending tenure for all teachers and professors in publicly funded academic institutions.
- 4.11 We support replacing the current Iowa Board of Regents with an elected system.

to space limitations, these are only 4 of the 14 availsections of the Story County Republican party plat-For the entire platform, go to: storycountygop.com.

We're interested in what you have to say. Submit your thoughts to the Banner News at bannernews@dmacc.edu or in our mailbox near the Courter Center

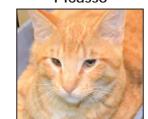
Entertainment =



Pet Feature



Buddy was brought to us because his owner was no longer able to care for him. He needs a home where his family is willing to work with him on tricks and commands to keep him busy. He Needs a fence to play in or would sneed daily walks and exercise on leash. Buddy has never been socialized with other dogs and would do best in a home without other dogs. Buddy is potty trained and keeps a clean kennel.



On Jan. 18, Animal Control Officers responded to a call of an injured cat in Boone. Upon arrival, they noticed that the orange cat's tail appeared to have been possible run over! The cat was taken straight to the veterinarian for evaluation and treatment. While under their care, it was determined that although his tail would be much shorter, it hadn't affected his wonderful personality at all! Picasso's tail (little stub) that it is) may never grow hair, but don't let him never get adopted because of it

Fore more information, contact the shelter at 432-6112. **Sponsored by:**



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Algorithms Applications Artificial Intelligence Compilers Computer Graphics Computer Programming Programming Languages

Computer Vision

Cryptography Data Mining Data Structures Networking Operating Systems

Steganography Type Theory Scientific Computing Software Engineering



"Waiter, these chopsticks are not cooperating."

This week's horoscopes

(03/14/12). Love is the answer. Where do you want to grow this year? Set goals for finances and career, and aim for what you love. In the second half of the year, home and family exert a stronger pull. Pay down debt and conserve resources. Figure out the costs, and save up for your dreams.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) -- Today is an 8 -- You feel good in your skin today. Your magnetism and charm attract what you ask for, so consider your requests. Challenge: utter no complaints. Only speak your dreams.

Taurus (April 20-May 20) --Today is an 8 -- You're especially persuasive in the morning and easily convince others that you're right. Build up resources, and add players to the team. Cool off in the evening.

Gemini (May 21-June 21) --Today is an 8 -- Study, grow and expand early today with ample energy to get you moving. Others get magnetically drawn into your game. A quiet night refreshes. Share love.

Cancer (June 22-July 22) --Today is an 8 -- People seek you out for advice. It could be your philosophical view or your brilliant wit. Take advantage of the interest to move a pet project for-

Leo (July 23-Aug. 22) -- Today is an 8 -- Your charm and enthusiasm are getting attention. Figure out your strategy, and make your move in a way that evervone benefits. Leave your monev in the bank. Patience.

Virgo (Aug. 23-Sept. 22) --Today is a 7 -- Decide where best to put your energy. You can get whatever you need. Compromise will be necessary. Be careful not to overspend. Time spent reviewing the plan pays off.

Libra (Sept. 23-Oct. 22) --Today is a 7 -- You're inspired by freedom and justice. Apply your passion to a current project. Continue to gather data. If the reality doesn't fit the vision, alter the vi-

Scorpio (Oct. 23-Nov. 21) --Today is an 8 -- You've got someone under a spell. Ignore that little voice in your head. It's not very nice, usually. Trust your real intuition. Go with your heart.

Sagittarius (Nov. 22-Dec. **21)** -- Today is a 9 -- You're becoming more attractive with age. Your willingness to solve problems and take action is inspiring. Give yourself permission to be creative and look good.

Capricorn (Dec. 22-Jan. **19**) -- Today is a 5 -- Don't be afraid to pull the necessary strings so the music plays your way. Prepare your lessons well, and go for the honor roll. Live and learn.

Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- Friends help you solve great philosophical problems. Combine your powers and dreams for more effectiveness. There's plenty of room for romance.

Pisces (Feb. 19-March 20)

-- Today is a 9 -- Enjoy home. Give your career more flavor by adding some passion. The more you enjoy your work, the better you'll do and the happier you'll be. It's a winning cycle.

MCT



Bear Briefs

Students Fight Back Early

There will be a presentation by "Students Fight Back" on March 14 in the Boone Campus Theatre at 12:15 p.m. This event is sponsored by the Students Activities Council.

Hypnotist

Hypnotist Chris Jones will be doing a show on March 28 from noon to 1 pm in the Couter Center. This event is sponsored by the Students Activities Council.

Dropping classes

The last day to drop a regular full term spring class is March 27.

DMACC offers free income tax help

Free income tax help is available at DMACC Ankeny, Boone and Urban campuses through April 15th. Federal and Iowa individual income tax returns will be prepared by DMACC accounting students who have been certified by the Internal Revenue Service. At the Boone Campus, help is offered Thursdays from 10 am to 2 pm and on Fridays, 9:30 am to 3:30 pm. Call (515) 433-5029 to schedule an appointent.

Registration begins

Summer registration began March 12 for returning career education students. For returning arts and sciences students, registration begins March 15. Register online, by telephone or in person.

A double-double by Coleman lifts DMACC basketball women's team

Sophomore Joscelyn Coleman of Shenandoah recorded her second double-double of the season with 18 points and 11 rebounds as the DMACC women's basketball team handed Ellsworth Community College a 65 - 38 loss on Mar. 3 at the DMACC gym-

DMACC softball team begins play with two victories

The DMACC softball program began play on Mar. 4 with a double header against Fort Scott Community College at Fort Scott, Kansas and came away with two victories. The Bears took the opener, 14-0 and won the second game, 14-4. The first game was called after five innings because of the 10 run rule and the second game was called after six innings.

registration/ orientation

Early registration and orientation for Iowa State University will be held on the following

*College of Agriculture and Life Sciences: April 6, 13, 16

*College of Business: April

*College of Design: April 13,

*College of Human Sciences: April 6, 16 *College of Engineering:

April 6, 13, 16 *College of Liberal Arts and Sciences: April 6, 13, 16

Tips about Microsoft Office and the Internet

Check out the latest blog postings for tips for learning to use Office 2007 and Office 2010, as well as the Internet, by faculty member Marcia Albertson. The newest blog is listed at the top with older blogs following. The link to the blog is http://go.dmacc.edu/ mysitehelp/blog/default.aspx. Email your comments or suggestions to Marcia at mkalbertson@ dmacc.edu.

Graduation ceremonies

The DMACC Boone Campus commencement ceremony will be on Friday, May 4 at 10 am. If you signed up to be apart of the ceremony and won't be able to attend, email credentials@ dmacc.edu by Mar. 23

Earth Day T-shirt design competition

DMACC will host an Earth Day t-shirt design competition the week of April 22. The due date for all student design submissions for the competition is Mar. 16. Students are encouraged to participate in the competition and the student that wins will receive a cash prize.

Please submit your designs electronically to the Boone Campus Earth Day Representative, Nancy Woods at nawoods@ dmacc.edu.

Spring break

Spring break will be Mar. 19 through the 25. There will be no classes, but offices will be open. Classes will resume on Mar. 26.

FAFSA

Fill out your 2012-2013 FAF-SA on March 28 from 9 am to 1 pm in the Courter Center.

DMACC Foundation scholarships

Make sure to apply for the DMACC Foundation Scholarships for the Summer and Fall 2012 terms. The link for the scholarships is http://go.dmacc. edu/foundation/pages/scholarships.aspx.

The deadline for the Prairie Trail Scholarship is Mar. 30 at 4 pm. The deadline for other scholarships are: Summer - Apr. 6 at 4 pm and Fall - July 13 at 4 pm.

To-Go * Delivery 1703 Story Street, Boone

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points

Sports Blurbs

DMACC women's basketball team suffers 10 point loss to ICCC

Sophomores Sam Thrapp of Davenport and Joscelyn Coleman of Shenandoah scored 17 and 15 points respectively as the DMACC women's basketball team dropped a 74 - 64 decision to Iowa Central Community College on Feb. 29 at Fort Dodge.

ICCC defeats DMACC men's basketball team, 75 - 61

Iowa Central Community College avenged a 64-62 loss to the DMACC men's basketball team earlier this season with a 75-61 win over the Bears Feb. 29 at Fort Dodge.

The loss dropped the Bears to 22-7 overall and 8-5 in the Iowa Community College Athletic Conference.

DMACC baseball team Saldana's 25 drops four-game series to Neosho County

After opening the 2012 season with six victories in its first sven games, the DMACC baseball team suffered a four-game setback to Neosho County Community College on Feb. 25 and 26 at Chanute, Kansas. The Bears lost by scores of 3-2 and 6-2 and 4-3 and 9-3.

DMACC baseball team drops three games to Crowder College

DMACC gym.

The DMACC baseball team saw its losing streak reach seven games after it dropped a three game series to Crowder College Mar. 3 and 4 at Neosho, MO.

and 10 rebounds lead

DMACC past ECC, 84-75

scored a season high 25 points

and grabbed 10 rebounds as the

DMACC men's basketball team

ended the regular season wth an

84-75 win over Ellsworth Com-

munity College on Mar. 3 at the

Sophomore Rico Saldana

The Roughriders won by scores of 7-6 and 10-7 on Mar. 3 and took a 7-5 nine-inning decision on Mar. 4. With the losses, the Bears fell to 6-8 for the season.

Former DMACC standout Kannon Burrage earns All Conference Recognition

Former DMACC men's basketball standout Kannon Burrage of East Moline, Ill., has earned Southland Conference honorable mention recognition for his performance during the regular

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Follow the Bears at www.dmacc. edu/athletics